

Northampton & District Mind's
Global Objective:

*"To promote mental health; prevent ill-health;
help those in distress; work to empower
people in their own lives and in their
participation in the community at large
as valued citizens."*

This informs all of our policies, structures
and activities.

Opening Times

Monday 10—4:00

Tuesday 10—4:00

Wednesday 10—4:00

Thursday 10—4:00

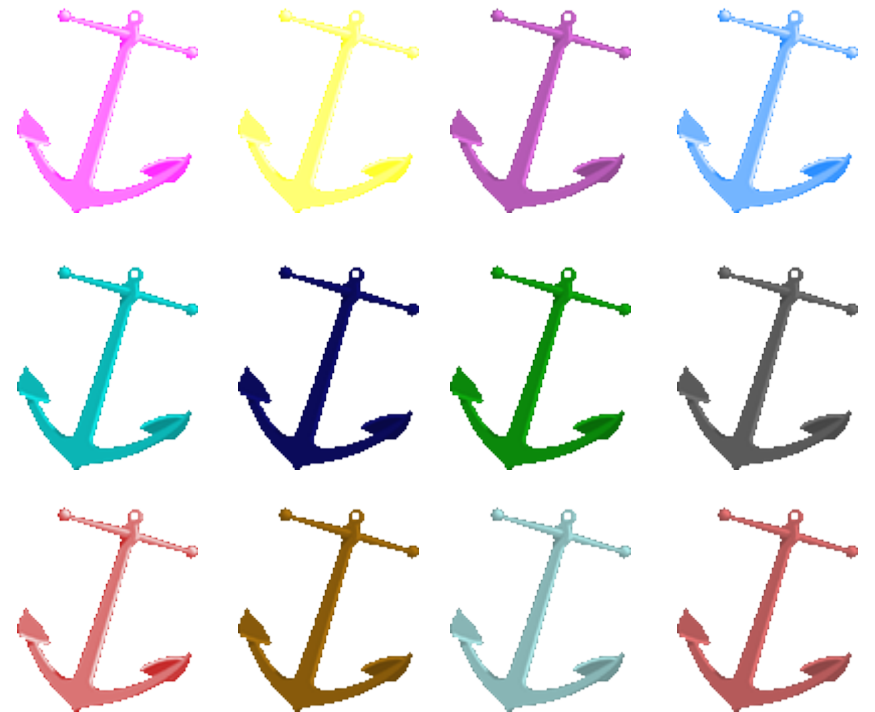
Friday 10—3:00

Northampton and District Mind,
Anchor House Resource Centre
6/7 Regent Square,
Northampton,
NN1 2NQ

Contact: Matt Foreman
01604 634310



Anchor House Northampton



Committed to Recovery and Social Inclusion



What is Anchor House?

Anchor House is a Self Referral Open Access Service located in Northampton town centre offering support to people who are experiencing or recovering from mental health problems.

We will work in partnership with service users, enabling them to achieve their own goals and aspirations through support tailored to their own individual needs and preferences.

What support and activities are offered?

We offer a broad range of activities and groups. These include informal social and recreational activities, domestic living skills and educational groups, to more structured groupwork programmes aimed to help people to develop self-management strategies for coping with their mental ill health. We work in partnership with service users to plan a regularly updated range of activities. A detailed Activities Programme is available by request.

Aims of Anchor House

A key aim of this service is to promote and facilitate social inclusion through improved access to mainstream activities and community facilities.

Through Personal Progression Plans and Partnership Meetings, service users are actively involved in making decisions about the operation of the service, and how they are supported by Anchor House.

How to Refer

People can refer themselves to Anchor House, or be referred by their GP, CPN, social Worker or another agency. An appointment will be arranged to meet the staff team and the needs, hopes and aspirations of the individual can be discussed.

If the referral is appropriate for all concerned a place will be offered and a progression plan created.

If the individual is in receipt of an Individual Budget they will need to use this to attend Anchor House.